

February 2015



FIFTY PLUS

Lynchburg Parks and Recreation ~ 434-455-5858 ~ www.lynchburgva.gov/parksandrec

\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite. Evening/ weekend activities & times listed in "RED" throughout the newsletter. City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

TEMPLETON SENIOR

CENTER (TSC)

225 Wigginton Road - 455-4115

\$ AARP Smart Driver Class

This eight-hour newly updated driving refresher course, geared to the older driver, develops skills to enhance performance and safety. Check with your agent about a rate reduction!

\$15.00 AARP members, \$20.00 non-members. Payable on site to AARP.

Register by 2/26.

74001.120

Sat 2/28 **8:30am-5:00pm**

AARP Tax Aide

IRS trained volunteers are on hand to help you complete your tax return. This free electronic filing service is available from February 2- April 15, 9:00 am - 12:30 pm, Mondays, Wednesdays, and Saturdays. Bring all pertinent papers, social security card and your photo ID.

73003.125

M W S 2/3-4/15 9:00am-12:30pm

☎ African American Genealogical Research

Tracking down your roots can be particularly difficult for African Americans, but it is possible to find information. Marsha Berry will share successes in her research of the Spinner family of Bedford Co. as well as tips to help you find out what you can about your own family. FREE program, but please call to register!

73003.121

M 2/9 **6:30pm-8:00pm**

\$ Beading with Jamie

Learn beading techniques including terms, bead selection, and composition.

Instructor: Jamie Carlund

Register and pay by 2/9.

Fee: \$10.00

74404.120

Tu 2/10 **6:30pm-8:00pm**

Beware of Scams

Anyone can be a target of a scam.

Learn how to avoid being a victim as Deborah Bell, a representative from the Attorney General's office, talks about some of the tactics used by criminals to scam the public.

Tu 2/24 10:30am-11:30am

English Gardens

Join world traveler, Susan Timmons, on her extraordinary journey through the gardens, castles and manors of England. View colorful landscapes and hear her in-depth commentaries on her adventures as you take "A Tour Through Time".

Th 2/19 10:30am-11:30am

\$ Genealogy on the Web

Interested in tracking your heritage?

There is a world of information waiting to be explored on the internet. Learn how to find and use the best free sites to full advantage. New information is becoming available every day; now may be the ideal time to find out about your ancestry. Instructor: Marsha Berry Register by 2/20.

Fee: \$38.00 LR: \$25.00

74003.120

M 2/23-3/9 **6:15pm-8:30pm**

FEBRUARY IS HEART MONTH

Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the number 1 killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities.

The CDC recommends that you try out these strategies for better heart health.

You'll be surprised how many of them can become lifelong habits!



Work with your health care team, monitor your blood pressure, get your cholesterol checked, eat a healthy diet, maintain a healthy weight, exercise regularly, don't smoke, limit alcohol use, manage your diabetes, take your medicine.

☎ Hands only CPR

Gain CPR skills to save a life! Learn what to do during a cardiac emergency using compressions only. Students are encouraged to take a CPR Anytime Kit home to share the skills with others.

This is not a certification course.

Register by 2/3. Free.

73003.120

Th 2/5 9:30am-10:30am

Heart Health

RN Beckie Hunt, Clinical Administrator with Centra's Cardiovascular Group, shares great information on wellness and prevention. Find out more about what you can do to be heart healthy.

Tu 2/10 10:30am-11:30am

\$ Introduction to Harmonica

Glenn McGrath shares his knowledge and love of the harmonica in this intro class. This versatile instrument allows you to take music wherever you go. Students need to bring a diatonic 10-hole harmonica in the key of G to the class. Check with Lynchburg Music Center to purchase your harmonica. Register by 2/9.
Fee: \$23.00 LR: 15.00
74006.120
W 2/11-3/4 1:00pm-2:00pm

\$ Mahjong Lessons

Learn this ancient Chinese game, similar to the Western card game rummy. Mahjong is a game of skill, strategy and calculation and involves a certain degree of chance. Register and pay by 2/12. Fee: \$10.00
73004.120
F 2/13-2/27 9:30am-11:30am

\$ Sculpt and Tone Exercise Class

This twice-weekly exercise class opens with a cardio workout then focuses on trimming and toning using weights, bands, mats and steps. Register and pay by first class.
Instructor: Donni Detwiler
Fee: \$36.00 LR: \$24.00
74209.120
Tu Th 2/3-2/26 6:00pm-7:00pm

\$ Heart Healthy Barbecue Chicken Luncheon

Healthy eating can be delicious! Enjoy a hearty luncheon including chicken, veggies, dessert and drink. Come at 10:30 for the "Beware of Scams" program. Register and pay for lunch by 2/20.
Fee: \$4.00
73000.120
Tu 2/24 11:30am -12:30pm

Video Chair Exercise Class - FREE

Get fit and have fun exercising. It's a great exercise program you can do right from your chair!
Tu Th F 2/3-2/27 9:30am-10:15am

\$ Watercolor Express

It's fast and it's fun! Create and complete your own watercolor picture as the instructor takes you step by step through the process. Students should bring their own brushes.
Instructor: Betty Leary
Register by 2/13.
Fee: \$23.00 LR: \$15.00
74401.122
Tu 2/17 1:00pm-4:00pm

\$ Watercolors: Intro to Botanicals

Students will learn pencil drawing and sketching, use of color, perspective, and depth as they relate to watercolor painting. Students should bring: pointed round sable brushes #4 & #6, and a small blender/scrubber brush. Optional: bring a goose neck light.
Instructor: Virginia Klute
Register and pay by 2/3.
Fee: \$85.00 LR \$70.00
74401.121
Th 2/5-2/26 1:00pm-4:00pm

\$ Yoga

This self-paced class combines stretching, breathing, and holding postures. Instructor: Debbie Ladd
Register monthly by the first class.
Fee: \$36.00 LR: \$24.00
74203.120
Tu 2/3-2/24 8:15am-9:05am

\$ Zumba at Noon

A total workout, combining great elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and fun in every class! Register and pay by first class.
Instructors: Beth Zeisig & Gulshan Ari
Fee: \$36.00 LR: \$24.00
74205.120
Tu Th 2/3-2/26 12:00pm-12:45pm

\$ Zumba PM

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music. Instructor: Kirstin Eubank
Register and pay by first class.

Fee: \$36.00 LR: \$24.00
74208.120
M W 2/2-2/25 5:00pm-5:45pm

Coming In March

\$ Bridge Class: Advanced

Improve your game and learn the finer points of bridge. Previous playing experience is a must! Register by the Friday before class begins.
Instructor: Ed Moldenke
Fee: \$49.00 LR: \$34.00
74002.130
M 3/2-4/6 9:30am-11:30am



\$ Watercolors: Exploring Colors

Discover the beauty of watercolors as you learn how to work from light to dark, layer and blend colors and add depth to your painting.
Instructor: Betty Leary
Register and pay by 3/3.
Fee: \$75.00 LR: \$60.00
74401.130
Th 3/5-4/9 6:30pm-8:30pm

☎ RAD

Rape Aggression Defense Class

Learn realistic self-defense tactics in this FREE 12 hour, nationally accredited program of empowerment and self-protection for women. Presented by RAD certified self-defense instructors with the LPD. Register by 3/5.
73003.134
Women ages 15 and above
Sat 3/7-3/28 9:30am-12:30pm

Special Interest at TSC

Canasta

Have fun and challenge your brain as you play this popular card game. New players/beginners are always welcome.
F 2/6-2/27 9:30am-12:30pm

Current Issues & Events

Join this interactive group as they discuss hot topics in the news.
W 2/11 & 2/25 10:30am-11:30am

Literature for Life

Explore a variety of American Literature and poetry. New comers are welcome.

Th 2/12 10:30am-11:30am

Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, it's a great way to engage your brain. Beginners welcome.

Th 2/5-2/26 9:30am-12:30pm

Social Bridge

Bring your foursome and enjoy time with friends as you play, learn and improve your game.

Tu 2/3-2/24 9:30am -11:30am

FAIRVIEW CENTER (FC)

3621 Campbell Ave. - 847-1751

\$ Arts and Crafts with Betty:

Refrigerator Magnets

Upcycled bottle caps make great refrigerator magnets. Use decals and paint to make as many as you'd like.

Register by 2/23. Fee: \$5.00

63600.122

F 2/27 10:00am-11:30am

Bingo

Enjoy a morning of Bingo fun! Bring two, new, unwrapped gifts to be used as prizes.

F 2/20 10:30am-11:30am

\$ Bodyweight Boot Camp

This High Intensity Training (H.I.T) style boot camp will push you to your limits then give you a brief recovery to allow you to push yourself to the maximum again. This is excellent training for weight loss, sports, and emergency personnel.

Instructor: Steve O'Neill
Register by the first class.

Fee: \$36.00 LR: \$24.00

63300.123

M W 2/2-2/25 5:30pm-6:15pm



\$ Ceramics Club

Select your own project. Check with Jamey for pieces and pricing.

Register monthly. Club Fee: \$5.00

W F 2/4-2/27 9:30am-11:30am

\$ Core Flex Fitness

This hour-long, challenging class draws from yoga, Pilates and the use of a stability ball to work on your strength and flexibility.

Instructor: Steve O'Neill

Register monthly by the first class.

Fee \$36.00 LR: \$24.00

63300.122

M W 2/2-2/25 6:30pm-7:30pm

\$ Fairview Fitness

Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone. Instructor: Jan Baker

Register and pay by the first class.

Fee \$36.00 LR: \$24.00

63303.120

M W F 2/2-2/27 11:30am-12:20pm

☎ Hands only CPR

Gain CPR skills to save a life! Learn what to do during a cardiac emergency using compressions only. Students are encouraged to take a CPR Anytime Kit home to share the skills with others.

This is not a certification course.

Register by 2/3. Free.

W 2/4 1:00pm-2:00 pm

Knitting Group

Are you interested in knitting? Join fellow knitters in this fun, social knitting group that meets the 3rd Wednesday of every month. Bring your current project or start a new project. Call Jamey at Fairview 847-1751 for more information.

W 2/18 10:00am-12:00pm

\$ Lunch and Learn: Heart Healthy Living

February is American Heart Month and heart disease is very common in our area. Learn how to keep your heart

healthy and receive an individual heart assessment from Centra's Stroobants Cardiovascular representative. Enjoy a healthy salad with fresh vegetables and a baked potato with your favorite toppings. Register by 2/20.

Lunch Fee: \$5.00

63400.120

W 2/25 11:00am-12:00pm

\$ Pottery: Necklace

Using clay, and designing tools, cut and create a variety of different size beads to form into a necklace. Fee includes all supplies needed for your completed necklace, which can be picked up one week after class.

Register by 2/2. Fee: \$8.00

63600.120

F 2/6 & 2/13 10:30am-11:30am

\$ Valentine's Deco Wreath

Deco Wreaths are the most popular wreath going! Learn how to make a Valentine-themed curly wreath.

Register by 1/30.

Fee: \$40.00 LR: \$25.00

63600.121

W 2/4 6:30pm-8:00pm

Special Interest at FC

Billiards

Two tables are available for recreational billiards.

M W F 2/2-2/27 9:30am-1:00pm

\$ Line Dance

Interested in line dancing for fun? Join this group of dancers any Wednesday and enjoy an energizing morning.

Fee: \$2.00/class. Pay on site.

W 2/4-2/25 10:30am-11:20am

Social Bridge

Do you enjoy playing bridge and making new friends? Come join the fun at the Fairview Center.

M 2/2-2/23 10:00am-11:30am

OTHER LOCATIONS

\$ Bowling

Enjoy weekly recreational bowling without the cost and commitment of league attendance and play.

Game Fee: \$1.25/game plus tax
Fort Hill Bowling Center,
6015 Fort Ave.



Tu 2/3-2/24 1:00pm-3:00pm

\$ Fifty-Plus Pickleball

Discover the fun of Pickleball! It's a great racquet sport, which combines the elements of badminton, tennis, and table tennis and gives you opportunity to stay fit and have fun. The speed of the ball and the size of the court make this an ideal game for the 50+ crowd.

Register and pay monthly by the first day of play. Staff: Marsha Berry

Fee: \$10.00

Heritage United Methodist Church,
582 Leesville Road

73703.120

Th 2/5-2/26 2:00pm-5:00pm

Fifty-Plus Whiffleball/Indoor Softball

Enjoy this indoor version of softball as you exercise, compete and prepare for the outdoor season. Coed games are focused on fun, fitness and friendly competition. Register and pay monthly by the first day of play.

Staff: Lynn Fox

Fee: \$10.00

Pleasantview Baptist Church
19278 Forest Road (Rt.221)

73702.120

W 2/4-2/25 9:15am -11:15am

☎ Golden Gourmet @ Olive Garden

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring along a humorous story or joke to share. Meet at Olive Garden, 4038 Wards Rd.

Register by 2/25. **Call 455-4115.**

73700.120

F 2/27 11:30am-1:30pm

New Chapter Book Group

The Butler: A Witness to History

Acclaimed *Washington Post* writer Wil

Haygood had an early hunch that Obama would win the 2008 election. Wil thought he'd highlight the singular moment by exploring the life of someone who had come of age when segregation was so embedded in the culture as to make the very thought of a black president inconceivable.

Meet at: The Drowsy Poet, Givens

Book Store, 2236 Lakeside Drive

M 2/23 10:00am-11:30am

MILLER CENTER RE-OPENS FOR CLASSES



Look in the Winter/Spring Guide for details on these classes and more!

- \$ Oil Painting for Beginners 2/4-2/25

- \$ Introduction to Painting 2/9-3/23

- \$ Beginners Tap Dance 2/3-3/10

- \$ Intermediate Tap Dance 2/3-3/10

Inclement Weather Policy

Again this year we will be following the Lynchburg City School closing policy for morning activities. If city schools are closed, our morning activities are cancelled. If city schools are opening late, we stay on schedule and open at the usual time, providing roads/parking lots are plowed and clear.



- Closings are announced on WSET, the internet, Comcast Channel 2 and other local TV newscasts.

- Decisions for afternoon and evening classes will be made on an individual basis after 12:00 noon. Please be sure we have a current phone number and e-mail address. Call 455-4115 if you have any questions.

Your safety is always our top priority!

Newsletters are available for pick-up at the following locations:

- Lynchburg Community Market
- Lynchburg Public Libraries
- City Hall
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central VA Area Agency on Aging
- Beard Center on Aging, Lynchburg College
- Walgreens Pharmacy, Wards Rd.
- Forest Library
- Various doctor's offices



City Wide Program Staff

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Templeton Senior Center

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Jamey Love,
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Fairview Center

Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.